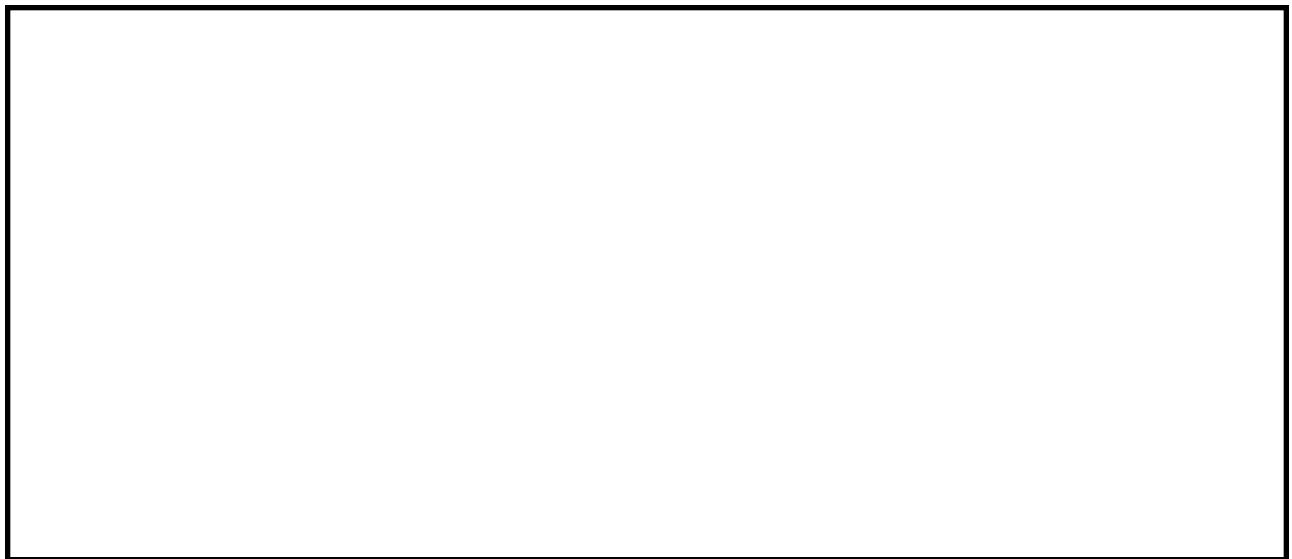


Goals for Today

- ☐ 1. Understand links between attitude, habits, motivation, performance and joy
- ☐ 2. Learn 5 habits to enable personal and professional optimization
- ☐ 3. Learn 5 tactics to optimize your resiliency to stress, change, and challenge

WHY?

A large, empty rectangular box with a black border, intended for the user to write their reasons for pursuing the goals listed above.

WE ARE IN A BATTLE

We fight everyday to

- ☐ **Maintain our MOTIVATION**
- ☐ **Aquire NEEDED RESOURCES**
- ☐ **FOCUS ON PERFORMANCE**
- ☐ **maintain our ENERGY**
- ☐ **overcome DOUBT & FAILURE**
- ☐ **keep our ATTITUDE POSITIVE**

This battle is not
about who is RIGHT,
it is about who is LEFT!!

THE REAL ENEMIES

IGNORANCE

2 Faces of Ignorance

TOXIC THINKING

**VICTIM THINKING vs
CHAMPION THINKING**

TOXIC HABITS

3 Areas of Life

OPTIMIZING STRATEGY 1

Adopt a Champion Attitude

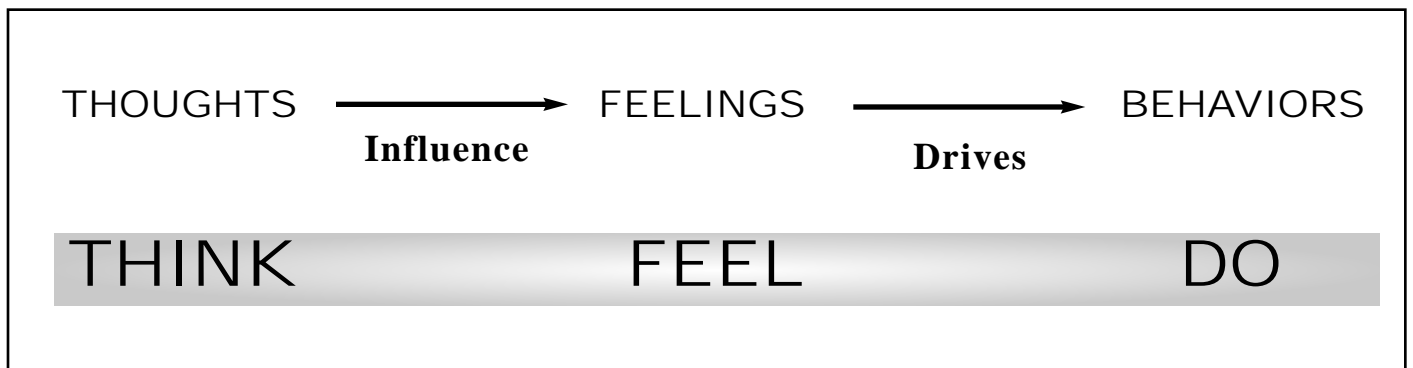
Victims See

————— Champions See —————

Start with Internal Programming

PRINCIPLE

The Human Mind is a Programmable Bio-Computer



How we communicate

INTERNALLY

Affects our level of

Motivation and

Courage

How we communicate

EXTERNALLY

Affects the Energy

and Cohesion of our

Divisions

S _____ T _____

I _____ I _____

V _____

Non-V _____

Champion Language

Internal (self-talk) and External (verbal and written)

In the space below, fill in champion and victim language you have heard or used in the past. You will see how vital it is to focus your energy on using Champion language as a habit.

Victim Language

Programs Failure and Hopelessness

I have to...
I should....
You made me....
I can't....
Whatever!
etc.....

Champion Language

Programs Courage and Persistence

I can...
I will...
I want to...
Let's look at that...
etc...

5 Ways to Maintain Champion Attitude

Habits are the persistent actions we choose to either optimize our opportunities or to destroy our possibilities!

HABIT	Suggestions
Constant Exposure to Wisdom	
Surround Yourself with Positive Energy	
Adopt Champion Language	
Keep Focused on Goals	
Attend to Your Touchstones	

OPTIMIZING STRATEGY 2

5 HABITS OF EXCELLENCE

- ☐ 1. Honor Above All
- ☐ 2. Care for and Know Yourself
- ☐ 3. Set S.M.A.R.T. Goals
- ☐ 4. Constant Polishing
- ☐ 5. Refined Communication Skills

Some Food For Thought:

Excellence is Never an Accident!

Everyday Give Yourself a Good Mental Shampoo!

You Can't Win Any Game, Unless You Are Ready To Win!

Opportunity is a Moving Target,
and the Bigger the Opportunity, the Faster it Moves.

Habit of Excellence 1

Honor Above All

3 Marks of Honor

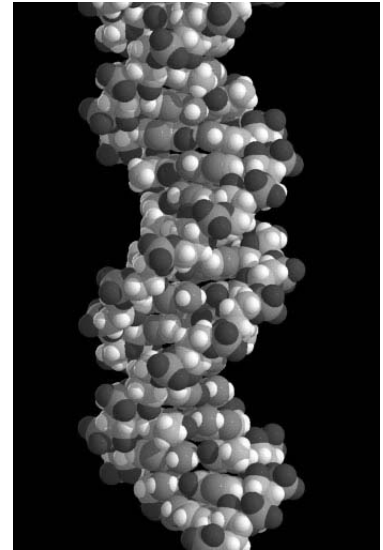
Write Down Some of Your Personal Standards

Recommendation: PROMISE PAD

Habit of Excellence 2

Care For & Know Yourself

F _____
E _____
W _____
S _____



RECOMMENDATIONS

- ☐ Get a Professional Massage Monthly
- ☐ Eliminate Smoking, Moderate Caffeine and Alcohol
- ☐ Stretch Daily 2 x
- ☐ Simple Exercise: Walking is Best
- ☐ Strategic Quiet Time

KNOW THYSELF

What are my reflexive behaviors?

When Dealing With People?

When Stressed?

When In Conflict?

Recommendation: Use Semi-Quantitative Inventaory Tools Annually

Meyers Briggs

DiSC

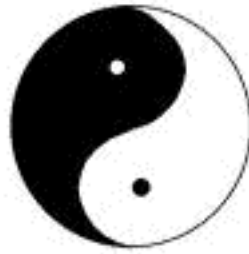
Platinum Rule

Thomas Kilmann

360 Assessments

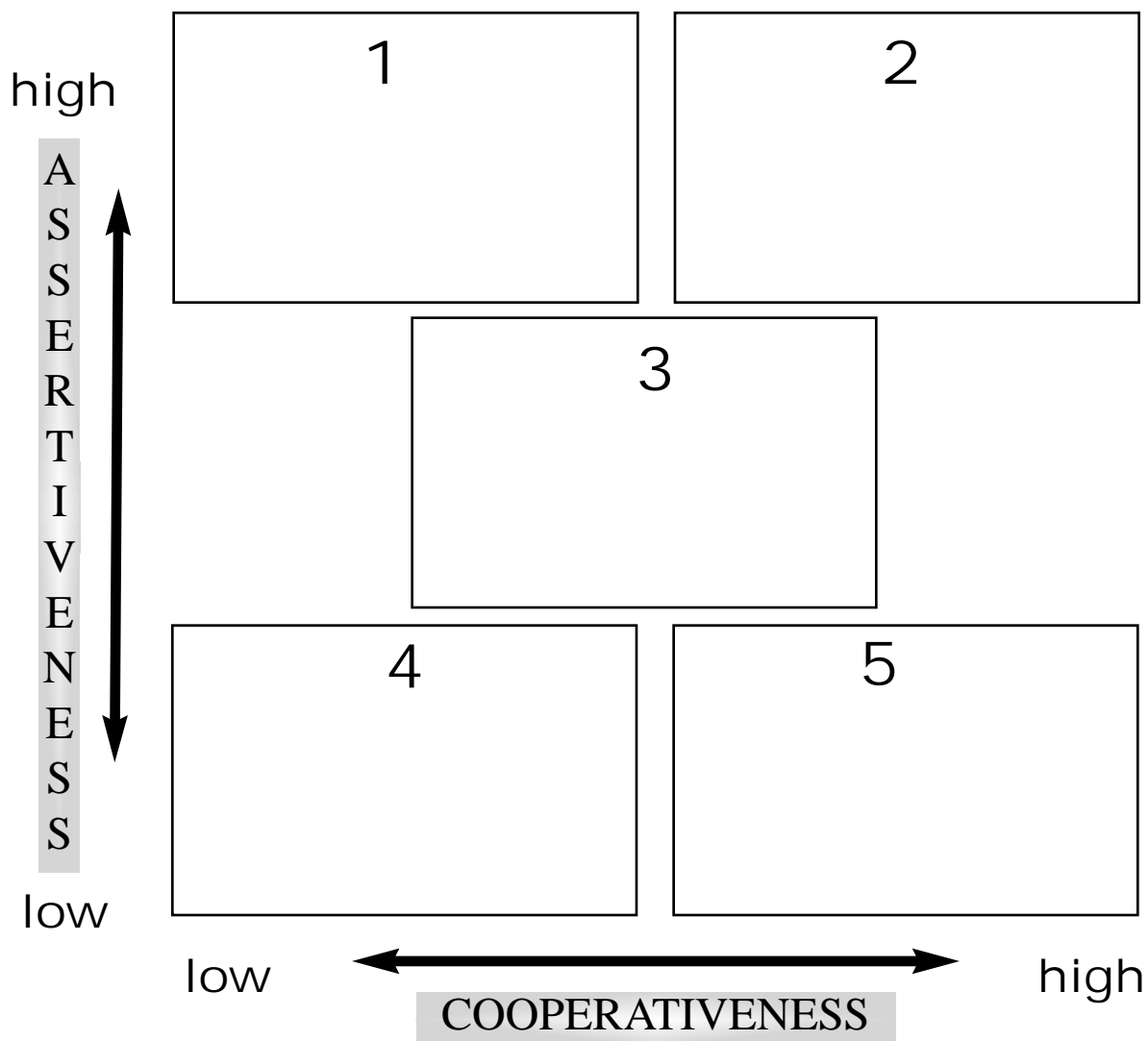
UNDERSTANDING CONFLICT

MY NEEDS
(Assertiveness)



YOUR NEEDS
(Cooperativeness)

Conflict Management Modes: Thomas-Kilmann Approach



Website Resources for Personal Inventories

Thomas Kilmann

www.bluffton.edu/courses/BCOMP/301sup/thomas.htm

www.etax.byu.edu/Pullins/killman.htm

Meyers-Briggs

www.personalitypathways.com/type_inventory.html

www.knowyourtype.com

DiSC

www.axiomsoftware.com/disc/principles.asp

General Source for Testing Materials

www.cpp.com

Habit of Excellence 3

Set S.M.A.R.T Goals

☐ Specific

☐ Measurable

☐ Achievable

☐ Relevant

☐ Time-anchored

Five Areas of SMART Goal Focus

Health	Financial	Career
Relationships	Skills	

Professional Exercise:

Write one SMART goal for a skill area of your professional life with the National Park Service.

Recommendation

Create a tabbed permanent SMART goal notebook, and USE IT DAILY

Habit of Excellence 4

Constant Polishing

Refined Skills

Functional Skills

Just Learning Skills

No Real Skills

Write out why you made your choices below.
You may site specific skills that dominated in your choices.

Habit of Excellence 5

Refined Communication Tactics

Refined Skills

Functional Skills

Just Learning Skills

No Real Skills

Write out why you made your choices below.
You may site specific skills that dominated in your choices.

OPTIMIZING STRATEGY 3

Tactical Resiliency

Resiliency is the ability to keep re-bounding, bouncing back, re-starting, re-engaging regardless of challenges or obstacles. This means that you have the willingness to adapt, adjust and persist in the face of resistance.

5 Focus Points

☐ **Optimize Your Biochemical Machine**

☐ **Persistent Detachment**

☐ **Reframing**

☐ **Increase Emotional Intelligence**

☐ **Have “Calming Colleagues”**

Resiliency Tactic 2

Persistent Detachment

What are we detaching?

The negative emotions and thoughts connected to:

Undeserved Criticism

Anger Vented at Us

Un-Forgiven Personal Failures

Negative Self-Image from “Old Tapes”

Un-Needed Worry

Toxic Resentment

Martial Wrist Roll Analogy

Resiliency Tactic 3

Reframing

Our perspective and ability to see options is often constricted by our choice of “frame of reference”, labeling language and/or associative imagery.

Critical Reframing Tactics

- ☐ Talk it out with a trusted friend or colleague
- ☐ Re-Label the situation or issue
- ☐ Detach, sleep on it, come back fresh
- ☐ Ask a different question about it
- ☐ Forgive and forget

Resiliency Tactic 4

Increase Emotional Intelligence

Read
“Emotional Intelligence”
Dr. Daniel Goleman

What is This?

Emotional intelligence is the ability to manage and optimally channel emotions and emotional energy in daily decision-making, human-to-human interactions and the management of stress, challenge and resistance.

Four Key Elements of Emotional Intelligence

- ☐ Self-Awareness
- ☐ Self-Management
- ☐ Social Awareness
- ☐ Social Skills

Goal: Use the worksheet to develop
focus points for increasing E.I.

Resiliency Tactic 5
Have 2 Calming Colleagues

Two Criteria for a Good Calming Colleague

Good Listener
High Emotional Intelligence